

# Woman's Page

**New Mystery Frocks Capable of Being Exquisitely Charming or Simply Ridiculous—Models Have to be Chosen With Great Caution—New Vague Gowns—Thick, Moderately Short Hair Estimated as Perfect Now—As Much Individuality in a Coiffure as in Manner of Speech—Seven Excellent Tried Recipes—Three Different Ways to Prepare Beef.**

## NEW MYSTERY FROCKS

These new mystery frocks are so picturesque and vague that they are capable of being exquisitely charming or simply ridiculous. They are difficult to manage.

Women must move slowly and with extreme caution. They must study their good points and their peculiarities and then they must choose their winter gowns. A tall and slender woman, who naturally moves gracefully will wear this season's clothes well; there are models, less extreme, suitable for short stout figures; in fact, there are models for every woman, only they need to be chosen with great caution.

The charm of the richly embroidered gauzes and fringed crepes employed in making the new "vague" gowns is great. At a world famous designer's mannequin of the distinctly brunette type wore a really wonderful gown made of shot gauze, which showed shades of pale pink and dull silver and was mounted on a slightly draped robe of apricot crepe. The hem of the crepe underdress was delicately traced over with silver threads. The border of the gauze tunic, which was almost as long as the underdress, was splendidly embroidered and fringed in silver. Over this was posed a loose robe of black chiffon which robe was fringed with the finest possible jet. The wearer of this exquisite gown was tall and stately. She wore an immense picture hat in black panne velvet and had a wide stole of black fox thrown over her shoulders.

Another mystery frock, an exquisite creation which would be extremely becoming to the frail blonde type of woman, was of a deep rose pink voile, heavily beaded in crystals, with a tulle of silver embroidered tulle under delicate black lace.

Many of these frocks are cut extremely low in the neck and finished with upstanding wired frills or outlined with flaring frills of tulle or lace. Sometimes they are cut square both front and back, low in front and still lower in back.

The skirts are frequently split at the foot and the train hangs from almost anywhere, from the side, and on some extreme models from the front. The front train is not likely to be a popular mode, for its wearer has to walk astride it, a feat which requires almost as much skill as tight rope walking.

## BEAUTY OF THE NEW COIFFURES

Hair that is thick and moderately short is estimated as perfect now, if its color, texture, and silkiness come up to the standard required. It was not always so. To merit this epithet in former times it had to be so long that it fell, when loosened, like a mantle about the shoulders and far below the waist of its possessor, who would sit round and round her head in long coils or plaits and knew she was envied by all beholders for her crown of glory.

Today the long tresses are hidden. If they are there they must be tucked inside the caplike exterior contrived by the coiffure, whose desire it is to follow the shape of the head by the dressing chosen, with excrescences here or there to suit the physique of the owner.

For the tall and slender person.

ity the chignon is chosen, while the short woman will receive with joy the announcement that the hair is raised much higher than it was above the forehead, though this does not interfere with the attractive plan of wearing a narrow thread of sparkling jewels or a string of pearls across the brow, where the tresses are cut in a fringe or brushed across with a picturesque sweeping and boy-like "movement."

One method of achieving height is to twist the hair from the nape of the neck to the crown, an excellent plan for a head for which length is wanted. It is to be commended also because of the fine display it makes of the color and texture of the hair, which should be well burnished by the agency of a brush and a silk pad, but should look also rather fluffy in order to eliminate any suggestion of stiffness in the arrangement.

Even the sportswoman who rooms her hair severely for the Panama roll hat, in the evening releases her efforts to make it lie flat, adding as a decoration a wreath, a band of jewels, or something particularly artistic in comb. It is then that she allows the escaping curls to appear, which during the day were imprisoned beneath the flat bands that covered her ears.

One point is absolutely decided, the "open" countenance must not be permitted, and clever though she may be, the modern beauty must not label herself so by exposing her lofty brow. Yet she will now platorially suggest that her thoughts are deep by wearing the low fillet, which gives the eyes a soulful aspect and enhances their beauty greatly.

Remember. There is as much individuality in a coiffure today as in the manner of your speech.

## RECIPES

### CHIPPED BEEF—CREAMED

Cut one can of chipped beef into small pieces and put into frying pan with one cup of hot water. Dissolve one heaping tablespoon of flour in a little cold milk; add one beaten egg, and enough milk to make one pint. Put all in pan with beef and cook fifteen minutes, being careful that it does not scorch. Serve with hot mashed potatoes.

### CORNER BEEF

Slice one can of corner beef into thin slices and dip each into well beaten egg, then in flour or cracker crumbs. Season with pepper and onion salt. Put three slices of bacon into a hot skillet, and brown both sides. Remove the bacon and fry the beef in the fat. When brown, place on platter, garnish with parsley or lettuce and serve immediately.

### GRAHAM GEMS

Rub one half cup of lard well through one quart of graham flour; add two heaping tablespoons of brown sugar, a little salt and two teaspoons of baking powder. Mix with cold water until it "cleaves from the spoon." Drop on a baking tin, a spoonful in a place, and bake twenty minutes.

### SOUTHERN BEEF DISH

Put through meat chopper six raw potatoes, two onions, three or four

green peppers and two large tomatoes. Melt four tablespoons of butter in frying pan, add vegetables and one cup of hot water in which one half teaspoon of extract of beef has been dissolved. Cover and cook until potatoes are done, then add two cups of roast beef (chopped), season with salt and kitchen bouquet. Serve hot with rounds of toast.

### QUICK COFFEE CAKE

Sift together twice one pint of flour, one third cup of sugar, three teaspoons of baking powder and a half teaspoon of salt. Mix in a soft dough with about a half cup of milk stirred into a well-beaten egg. Add three tablespoons of lard and one half cup of currants. Spread in shallow pan, sprinkle with sugar mixed with cinnamon, and bake in moderate oven.

### MISSOURI WAFFLES

Beat the whites and yolks of three eggs separately. Add to the yolks one pint of sour cream and two pints of flour. Add enough sweet milk to make the batter very thin. Add three tablespoons of lard, melted, a teaspoon of soda dissolved in a little milk, and lastly fold in the whites. Bake quickly in very hot irons. Serve with butter, syrup or caramel sauce.

### CHEESE STICKS

One cup of flour, one third cup of lard, one half cup of grated cheese, one half teaspoon of salt, a few grains of paprika, two or three ordinary cups of water. Roll out on ordinary pie crust and cut in strips one half inch wide and five inches long. Place in a pan and bake in a hot oven until puffy and brown. Serve with salad.

## CALEDONIANS

Invite all Scots and their friends to the hand their Halloween with them. Thursday, October 30. Eagles Hall, Hudson avenue. Admission 25c.

### BROKEN RAIL CAUSED NEW HAVEN WRECK

Providence, R. I., Oct. 26.—The wreck on the New Haven railroad, in which twenty-five persons were injured, near Westerly, R. I., last night, was caused by a rail which broke in five places, according to several experts who examined the track today. This rail is of the heaviest type laid on the New Haven road in the past few years.

### NAMPA BANK FAILURE INJURY TO BUSINESS

Salt Lake, Oct. 27.—The failure of the Nampa State bank at Nampa, Idaho, has caused a financial stringency in the town, according to J. N. Higgins, a business man of that city, who is at the Semiah hotel. The state of Idaho has also instituted suit against three of the wealthiest men in Nampa to collect upon a \$50,000 bond given to secure the deposits of the state treasurer, and this may complicate matters to such an extent that it will be some time before a dividend is paid. The cause of the failure of the bank is alleged to be the loaning of money upon fictitious values in real estate.

"The bank will pay out in full," said Mr. Higgins. "There is no evidence, not even a suspicion, that there was anything wrong on the inside of the institution, but it will take some time before the depositors get their money. The failure has caused business to be slow in Nampa for the past month, but things are picking up now and we look to see the town go right ahead."

### IDAHO SUGAR BEET RAISERS CAN ONLY GUESS

Salt Lake, Oct. 27.—Idaho farmers received greater returns for their sugar beets this year than ever before, according to Frank Jacobs, a prominent farmer of Sugar City, Idaho, who is at the Cullen hotel. The sugar factory is located at Sugar City, and during the present season has been running to full capacity. Farmers in the southern part of Idaho who raise sugar beets are somewhat worried over the outcome of the new tariff law, as applied to sugar, as they think that it will practically close down the beet sugar industry in the western states, said Mr. Jacobs.

"We can only guess what will happen to beet sugar," said Mr. Jacobs, "as this is the first time sugar has come in free of duty since any great development in the beet sugar industry has taken place. We have to be guided by the men who have had experience, and as they say that the sugar trust will be benefited and the manufacturer of beet sugar will be practically ruined, that is all we can go on. If that is true then the farmers of Utah and Idaho who are in the beet business will either have to plant other crops or be ruined."

Only 35,000 out of the 5,700,000 people in Mysore can read or write. The corresponding rate in advancing countries is 85 to 95 percent in every 100. In America about \$4.00 per head of the population is spent in education; in Mysore only about 10 cents and less per head.

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## LITTLE TALKS ON BABYLOGY

By Anna Steese Richardson  
Babies' Bureau, Woman's Home Companion.

### WEANING THE BABY

Weaning her first baby is a dread event to every mother. However short or long period she has nursed him, she is loath to deny herself the ecstasy of feeling her child draw on her for nourishment and strength, the pressure of the little head against her breast, the clinging of moist lips, and reaching out of helpless little fingers. Once baby is weaned she knows that she will feel this joy to a lesser degree and gradually baby will grow from her towards the sterner things of life.

Then, too, when the baby has thrived on breast milk, there is always more or less fear of substituting artificial food for that which Nature has so generously and safely supplied. For this reason weaning should be a gradual process, not abrupt, unless emergencies demand sudden weaning.

Such emergencies include acute illness on the part of the mother, fever, tuberculosis, serious kidney affections, a nervous breakdown, anemia or progressive loss of weight in the mother. In such cases the baby must be weaned at once. Again, there is instances where the mother seems well, but the baby at six months or more suddenly begins to lose weight and to develop symptoms of retarded physical development. These symptoms are:

1. Excessive vomiting, with loss of weight or no increase of weight for two weeks or more.
2. A persistent diarrhea, with loss of weight or no increase of weight for two weeks or more.
3. A steady loss of weight extending over a period of three weeks or more, in spite of the fact that otherwise the child seems normal.

From this it will be seen that the baby should be weighed regularly. In fact a pair of scales has taken the place of the soothing nipple or pacifier bottle in the modern nursery. They are the indicator of baby's condition. From these variations in weight, causes of illness are traced. The illness is not drugged nor the small protesting voice of the sick baby silenced by narcotics.

When any such emergency arises, the process of weaning must be short and quick. Generally a trained nurse, a firm, intelligent and patient member of the family must take the baby away from the sick mother. If as I suggested in the third article of this series, the baby has learned to take an occasional bottle of modified milk, the task of weaning will be lightened. If he has not been trained to do this, then the process of weaning is trying to both mother and nurse.

The cylindrical designed, in an earlier talk about should be filled with milk and then set in a pan of hot water until the milk reaches what is known as body temperature. This is tested by dropping a little on the fore arm, never by putting the nipple to the adult's mouth and tasting the milk. As the baby drinks slowly, the bottle may be encased in a woolen bag or knitted cover to hold the heat. The hole in the nipple should be large enough for the milk to run out easily, though for the baby under eight months is weaned, it is safest to start him on modified milk, that is, milk diluted with water and sugar.

At ten months, both breast-fed and bottle-fed babies should be prepared gradually for weaning. A baby nine months old in good physical condition may be taught to drink from a cup. At first only modified milk is served to him this way in small portions. Next comes cornmeal gruel, then soft oatmeal or barley gruel. Then soft cereals may be fed with a spoon, and finally stale bread, softened in warm milk. These soft foods however, should not be served in quantity, just occasionally as an alternate with the breast milk or modified bottle milk. They are the gradual, gentle preparation for the final weaning at twelve months. It is not good for either mother or child to nurse the baby exclusively after the twelfth month. In fact it should be weaned completely at about this time, or the mother becomes anemic and the baby no longer gains in weight, while its muscles become flabby.

The weaning of a bottle-fed baby is no less serious than that of a breast-fed baby. At fourteen months the bottle-fed baby should be having three bottles a day or two meals of soft food. At sixteen months the diet shifts to three daily meals of soft food and a bottle at ten o'clock. At eighteen, the bottle is laid aside, there are no night feedings, and baby is weaned.

The breast-fed baby that gains steadily needs nothing but breast milk up to the time the sociable weaning begins, but the bottle-fed baby should have a little of the breast milk daily, from six months upward. This is because in the mother's milk there is a certain acid quality not found in cow's milk, which the baby's system requires. The diet of orange juice should be continued to bottle-fed babies after weaning. It should be started for breast-fed babies with weaning.

Just as soon as the baby can sit up in a high chair, he is welcomed at the average family table. Often this is Father's or Big Brother's only chance to make the acquaintance of the newcomer in the family circles. Also his efforts to share the repast of grown-ups are amusing. Doctors and mothers I have met at all levels tell me that many a child's stomach ailments started at the family supper table. Either the child frets for what he sees and it is easier to comply with his demands than to discipline him or some one thinks it is "cute" to see him eat foods that should be served only to adults, and so the mischief is wrought.

The fairest thing to the child too young for solid food is to feed him in a high chair, he is welcomed at the average family table. Often this is Father's or Big Brother's only chance to make the acquaintance of the newcomer in the family circles. Also his efforts to share the repast of grown-ups are amusing. Doctors and mothers I have met at all levels tell me that many a child's stomach ailments started at the family supper table. Either the child frets for what he sees and it is easier to comply with his demands than to discipline him or some one thinks it is "cute" to see him eat foods that should be served only to adults, and so the mischief is wrought.

ringer of bread nap, the safest table dish for a baby one year old. This is well toasted bread boiled in milk. Next comes farina cooked in half milk and half water.

For the benefit of mothers who have asked me at contests for a diet table, suitable to children of various ages, I am giving the following tables taken from the folder "Hints to Mothers" compiled by the Better Babies Bureau by eminent dietitians. This folder will be sent to mothers on receipt of a stamped and self-addressed envelope sent to me, care this paper.

Here are the diet tables:  
Diets for Children from Twelve to Eighteen Months.

Breakfast—Juice of a sweet orange, strained, or pulp of six stewed prunes, eight ounces of milk (half a pint) with either zwieback or toasted biscuits or toasted stale bread.

Fruit should be given either half an hour before or half an hour after the milk.

Second Meal During Forenoon—Milk alone or with zwieback.

Noon Meal—Six ounces of soup made from chicken, beef or mutton, or three ounces of beef juice. If Stale bread or milk toast, or bread pap.

Fourth Meal, Mid-Afternoon—Milk or toasted bread or zwieback.

Evening Meal—Four ounces thick gruel mixed with four ounces of top half milk (the top is sixteen ounces, or a pint, from a quart bottle) with zwieback. The gruel may be made of oatmeal, farina, barley, hominy, wheataria or rice. II. Apple sauce or prune jelly.

Diet for Children from Eighteen to Twenty-Four Months.

Breakfast—I. Orange juice strained, or prune pulp. II. Well-cooked cereal served with top pint slightly sweetened or seasoned with butter and salt. III. Glass of milk with stale bread and butter.

Forenoon—Fruit, except banana.

Dinner—I. Broth thickened with peas, farina, sago or rice; beef juice with stale bread broken into bits; or clear vegetable soup with yolk of egg in it. II. Soft cooked egg, boiled, codified, shirred or poached. III. Baked potatoes, peas, spinach, carrots.

IV. Dessert: apple sauce, baked apple, prune pulp, stale lady fingers, graham or arrowroot crackers, rice, bread tapioca or blanc-mange pudding, baked custard, jelly or rice with hot milk and a little sugar.

Supper—Milk (warm or cold), custard or prune pulp of apple (baked or in sauce), or rice, or stewed fruit, with zwieback, bread or crackers.

Diet for Child Two or Three Years Old.

Breakfast—Fruit, cereal, soft boiled or poached egg with stale bread or toast and a glass of milk.

Dinner—Soup as described in paragraph above. II. Scraped beef, white meat of chicken, boiled fish like halibut, or two slices crisp, boiled bacon, steak or chop cut fine. III. Mashed or baked potatoes, macaroni, peas, spinach, carrots, beets, squash, or cauliflower. IV. A glass of milk with educator of graham crackers or stale bread, buttered. V. Dessert: apple sauce, baked apple, rice, junket or custard, or the desserts indicated in the dinner list above.

Supper—I. Stewed fruit. II. A cereal. III. Bread and milk or custard. IV. Cup of warm milk or cocoa. V. Crackers or zwieback, graham cracker or stale graham bread, if crusted.

The next talk on Babylogy will deal with sleep, on which habit the health of the baby and the peace and happiness of the parents is so dependent.

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